Tobacco smoking is a leading preventable cause of death and disease in Australia. But the costs of smoking go beyond health. Our 2016 staff health check told us that approximately 4.5% of our 8000+ employees smoke. Alfred Health values the health of its staff. So, we wanted to support staff who smoke to quit...

The Initiative
We developed a program to support staff who smoke to quit, following best practice.

Staff had access to:
- Nicotine replacement therapy to help with cravings and withdrawal symptoms
- Face-to-face or phone consultations to give personalised advice
- Group consultations for a support network through the quit journey
- Emails and texts for ongoing support and motivation

Nicotine replacement therapy to help with cravings and withdrawal symptoms

We developed a program to support staff who smoke to quit, following best practice.

50%

Almost 50% of staff who joined the program remain smokefree.

What people said
“You bounce off each other’s milestones and achievements.”
“I don’t miss anything. I can still go out with my buddies.”
“I am more productive at work now.”
“Giving up smoking turned out to be less difficult than I imagined.”

Relapse is common and social networks play a big part. To give our staff the best chance at quitting, we consulted with staff and looked at the evidence to see what works.

Our patients
By costing an estimated $3594 per person annually from absenteeism and loss of productivity due to smoking breaks.

Our staff
By affecting their health and wellbeing, as well as their hip pocket.

US, as employers
By costing an estimated $3594 per person annually from absenteeism and loss of productivity due to smoking breaks.

When staff quit smoking, it not only improves their health and wellbeing and productivity at work, it also makes talking to patients about quitting easier.

Commitment to being smokefree
We’ve made our hospital a totally smokefree environment.

We’re providing best-practice support for our staff who smoke to quit.

We’re providing best-practice support for our patients to quit smoking before, during and after admission.

For more information contact Alfred Health at prevention@alfred.org.au